

Items for Trip:

You are about to embark on a class trip and you have been asked to pack a daypack sized pack for your trip. Take a few moments to write down the “essential” items you must have for your trip. You may only take up to 15 items in your pack and all items must reasonably fit in a book bag sized daypack. As an example, you could carry a guide book, but not a park ranger as a guide in your pack. Ideally the pack will weigh no more than 10% of your body weight.

10% of my Body Weight is Approximately:_____

	Item	Approx. Weight
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
	Total Approximate Weight of Items:	

Add all of the approximate weights of items to get the total weight. This amount must be less than 10% of your body weight.